



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01094, Milk, buttermilk, dried

Report Date: July 05, 2017 04:02 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup 30g	1 cup 120g	1 tbsp 6.5g
Proximates							
Water	g	2.97	170	0.038	0.89	3.56	0.19
Energy	kcal	387	--	--	116	464	25
Energy	kJ	1619	--	--	486	1943	105
Protein	g	34.30	3	0.333	10.29	41.16	2.23
Total lipid (fat)	g	5.78	163	0.077	1.73	6.94	0.38
Ash	g	7.95	2	--	2.38	9.54	0.52
Carbohydrate, by difference	g	49.00	--	--	14.70	58.80	3.19
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Sugars, total	g	49.00	--	--	14.70	58.80	3.19
Minerals							
Calcium, Ca	mg	1184	--	--	355	1421	77
Iron, Fe	mg	0.30	--	--	0.09	0.36	0.02
Magnesium, Mg	mg	110	--	--	33	132	7
Phosphorus, P	mg	933	--	--	280	1120	61
Potassium, K	mg	1592	340	5.486	478	1910	103
Sodium, Na	mg	517	--	--	155	620	34
Zinc, Zn	mg	4.02	--	--	1.21	4.82	0.26
Copper, Cu	mg	0.111	--	--	0.033	0.133	0.007
Manganese, Mn	mg	0.023	--	--	0.007	0.028	0.001
Selenium, Se	µg	20.3	--	--	6.1	24.4	1.3
Vitamins							
Vitamin C, total ascorbic acid	mg	5.7	--	--	1.7	6.8	0.4

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup 30g	1 cup 120g	1 tbsp 6.5g
Thiamin	mg	0.392	--	--	0.118	0.470	0.025
Riboflavin	mg	1.579	--	--	0.474	1.895	0.103
Niacin	mg	0.876	--	--	0.263	1.051	0.057
Pantothenic acid	mg	3.170	3	0.128	0.951	3.804	0.206
Vitamin B-6	mg	0.338	--	--	0.101	0.406	0.022
Folate, total	µg	47	--	--	14	56	3
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	47	--	--	14	56	3
Folate, DFE	µg	47	--	--	14	56	3
Choline, total	mg	118.7	--	--	35.6	142.4	7.7
Vitamin B-12	µg	3.82	--	--	1.15	4.58	0.25
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	49	--	--	15	59	3
Retinol	µg	48	--	--	14	58	3
Carotene, beta	µg	9	--	--	3	11	1
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	175	--	--	52	210	11
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.10	--	--	0.03	0.12	0.01
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.5	--	--	0.1	0.6	0.0
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	0.1	0.6	0.0
Vitamin D	IU	20	--	--	6	24	1
Vitamin K (phylloquinone)	µg	0.4	--	--	0.1	0.5	0.0
Lipids							
Fatty acids, total saturated	g	3.598	--	--	1.079	4.318	0.234
4:0	g	0.187	--	--	0.056	0.224	0.012
6:0	g	0.111	--	--	0.033	0.133	0.007
8:0	g	0.065	--	--	0.020	0.078	0.004
10:0	g	0.145	--	--	0.043	0.174	0.009
12:0	g	0.162	--	--	0.049	0.194	0.011

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup 30g	1 cup 120g	1 tbsp 6.5g
14:0	g	0.581	--	--	0.174	0.697	0.038
16:0	g	1.520	--	--	0.456	1.824	0.099
18:0	g	0.700	--	--	0.210	0.840	0.045
Fatty acids, total monounsaturated	g	1.669	--	--	0.501	2.003	0.108
16:1 undifferentiated	g	0.129	--	--	0.039	0.155	0.008
18:1 undifferentiated	g	1.454	--	--	0.436	1.745	0.095
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.215	--	--	0.065	0.258	0.014
18:2 undifferentiated	g	0.131	--	--	0.039	0.157	0.009
18:3 undifferentiated	g	0.084	--	--	0.025	0.101	0.005
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	69	--	--	21	83	4
Amino Acids							
Tryptophan	g	0.484	--	--	0.145	0.581	0.031
Threonine	g	1.548	--	--	0.464	1.858	0.101
Isoleucine	g	2.075	--	--	0.623	2.490	0.135
Leucine	g	3.360	--	--	1.008	4.032	0.218
Lysine	g	2.720	--	--	0.816	3.264	0.177
Methionine	g	0.860	--	--	0.258	1.032	0.056
Cystine	g	0.317	--	--	0.095	0.380	0.021
Phenylalanine	g	1.656	--	--	0.497	1.987	0.108
Tyrosine	g	1.656	--	--	0.497	1.987	0.108
Valine	g	2.296	--	--	0.689	2.755	0.149
Arginine	g	1.242	--	--	0.373	1.490	0.081
Histidine	g	0.930	--	--	0.279	1.116	0.060
Alanine	g	1.183	--	--	0.355	1.420	0.077
Aspartic acid	g	2.602	--	--	0.781	3.122	0.169
Glutamic acid	g	7.183	--	--	2.155	8.620	0.467

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup 30g	1 cup 120g	1 tbsp 6.5g
Glycine	g	0.726	--	--	0.218	0.871	0.047
Proline	g	3.322	--	--	0.997	3.986	0.216
Serine	g	1.866	--	--	0.560	2.239	0.121
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0